SMV SENIOR CLUB

## PO BOX 6688

SANTA MARIA, CA 93454-6688
(805) 925-0951 Ext. 2207

SMVSeniors@gmail.com
April 2017
Periodical
Vol. 23, Issue 3
The Mussell Messenger Santa Maria Valley Senior Club Newsletter



Daylight savings time is here, and Spring has sprung. At least that's what's supposed to be happening. I hope it's happening for you!

The new $50 / 50$ drawing at our monthly meetings is misnamed a little bit. We are dividing the $50 \%$ we give away into two amounts $\sim$ one person will get $60 \%$ of the winnings, and a second person will receive $40 \%$. That will give more people a chance to win something and more than one member will benefit from the drawing. It's still a 50/50 drawing, though, because we will be keeping half to help pay for our dinner overhead.

Everyone I talked to seemed to enjoy Dickie's food served at the March meeting. As a result, we will probably be having them cater again. If you know about or find out that a restaurant in town will cater for $\$ 10$ a meal, please let us know. We are trying to use different restaurants this year to give everyone some variety. Any suggestions would be appreciated. Second Vice President, Dawn Kamiya, has talked to several restaurant managers, trying to find ones that will both cater and deliver for $\$ 10 /$ meal. With everyone (primarily board members) involved with setting up for the event, it's difficult to pick up the food, as well. We need it to be delivered by the caterer.


Currently the board does most of the work at the center, and we would like to have some volunteers take over various parts of it. Several members of the current board will not continue in their positions in 2018. If the club is to continue the dinner meeting, as well as many of the other activities and programs, some members will need to learn the process while we are still here to explain and train! It's time for some different members to step up!

First, we would like to create several committees for the work involved at the monthly dinners. We would like to have a set-up crew, a tear-down crew, a kitchen crew, and a serving crew for each dinner. I will have a sign-up sheet at the front desk for those of you who would like to volunteer. It will also contain a description of each crew's responsibilities. Please keep in mind that several tasks are already taken care of: Treasurer Jason Schellas and his wife, Georgia, handle the 50/50 drawing; Ralph Foster takes care of the photos that go into the newsletter; Sally Ramos does most of the table decorations; and Grace Jarvis orders and brings the birthday cake. If you have any questions, just ask! Most of you know where to find me or call me, but if not, my contact information is on the page to the right. Remember these jobs are just once-a-month. And you all know, many hands make light work!

We would also like someone to help with delivering the newsletters to the post office. This is currently being done by Director-at-Large, Mary Johnson, but the newsletters are very heavy. She would like to have someone else take on this once-a-month job. In all honesty, Mary would really like to have someone
 take over most of her job involving the newsletters. I will include a description of her duties at the front desk with the volunteer opportunities.

For April, El Pollo Loco will be catering the monthly dinner. Many of you said you liked them. Our speaker will be Ruth Corona from the Santa Barbara County District Attorney's office, speaking on elder abuse. Please try to attend this very informative presentation.

Enjoy the nice weather and the beautiful flowers it's producing. 'Til next time ... Be Safe!

| President: | Jo York | $925-1089$ |
| :--- | :--- | :--- |
| 1st Vice President: | Terry Leduc | $925-0064$ |
| 2nd Vice President: | Dawn Kamiya | $714-5267$ |
| Treasurer: | Jason Schellas | $354-0083$ |
| Recording Secretary: | Rosemary Fox | $680-4083$ |
| Director-at-Large: | Mary Johnson | $352-1003$ |
| Newsletter Editor: | Laura Selken | $406-9989$ |
| Past President: | Tom Dutart | $925-2906$ |
| City Representative: | Marjorie Gjerdrum-Hord | $925-0951$, ext. 2347 |
| City Representative: | Eduardo Marquez | $925-0951$, ext. 2355 |

jeyork1@yahoo.com aleduc2@hotmail.com dawnof42@aol.com jschellas@comcast.net rfox001@msn.com mjohnson1937@gmail.com laura.selken@gmail.com oldtoadpis@yahoo.com mgjerdum@cityofsantamaria.org emarquez@cityofsantamaria.org

## Committee Chairpersons

Database Records:
Membership:
Statistics \& Reports:
Sunshine:
Travel:

Laura Selken
Iva Jo Strunk
Charlotte Gaskill
Simone Gillogly
Linda Dutart

406-9989
934-9294
934-2607
925-6267
925-2906

## FACILITIES

| Receptionist: | Diane Bentley | $925-0951$ Ext. 2207 |  |
| :--- | :--- | :--- | :--- |
| Supplies: | Mary Johnson | $352-1003$ | mjohnson1937@gmail.com |
| Travel Office: | Tues.-Thurs., 12:30-3:45pm. | $349-0688$ | ldutart@yahoo.com |

# Off-Site Activities 

Mondays
Tuesdays
Thursdays

11:00 a.m. - 1:00 p.m.
9:00 a.m. - Noon
9:00 a.m. - Noon
11:00 a.m. - 1:00 p.m.

Drop-in Softball Hagerman Sports Complex
Lawn Bowling Club 4205 S. McClelland St.
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Drop-in Softball Hagerman Sports Complex

Edítor's Noter "Hopefully, you are receiving your newsletter, either by email (as a "pdf") or in the mail. Naturally, we understand that many of you do not use the internet and do not have email. However, we ask those of you that DO have access to the internet to $\boldsymbol{P L E A S E}$ consider having it EMAILED rather than mailed to you. It arrives in your inbox in FULL COLOR, and it also arrives much sooner than if you choose to have it mailed! You can ALSO view it on our website: smvscc.org/Main.html.

NOTE: If you are having trouble receiving it via email PLEASE CONTACT Laura Selken (the Editor) at (805) 406-9989 or via email: laura.selken@gmail.com. I will try to resolve the problem as soon as possible! Note: The deadline for the next issue (May 2017) is April 17.


## GREETINGS FROM THE RECREATION \& PARKS DEPARTMENT

Saturday, Aprill 1, all Senior Club members are invited to the first annual Senior Pillow Fight at the Elwin Mussell Center starting at 1:00 p.m. Join your friends and come prepared with a nicely fluffed King or Queen-size pillow and be ready to
 do battle. A grand prize will be given to the last person standing.

Is there a fellow club member you would like to take out your aggression on? This is the perfect opportunity to get rid of all that pent-up emotion. All participants are required to wear their favorite flannel pajamas and slippers. For more details, or to RSVP, please call the receptionist's desk by March 31 ${ }^{\text {st. }}$. This event is made possible by Mattress Express and Pillows ' R ' Us. Happy April Fool's Day from the Recreation and Parks staff!

Burger King introduces the left-handed Whopper:


Fun Fact for April Fool's Day: In 1998, Burger King published a fullpage advertisement in USA Today announcing the introduction of a new item to their menu: a "Left-Handed Whopper" specially designed for the 32 million left-handed Americans. According to the advertisement, the new whopper included the same ingredients as the original Whopper (lettuce, tomato, hamburger patty, etc.), but all the condiments were rotated 180 degrees for the benefit of their left-handed customers. The following day Burger King issued a follow-up release revealing that although the LeftHanded Whopper was a hoax, thousands of customers had gone into restaurants to request the new sandwich. Additionally, it stated, "many others requested their own 'right-handed' version."
"It's Now or Never" Senior Prom is scheduled for Sunday, May 7, from 1:30 to 4:00 p.m. at the Elwin Mussell Center. This intergenerational afternoon dance is free and coordinated by the Pioneer Valley High School Student Body. Festivities include light refreshments, prizes and live music by the Riptide Band. Wear your Sunday best and dance the afternoon away with your friends. The event is made possible by the Recreation and Parks Department, Santa Maria Valley Senior Citizens Club and Pioneer Valley High School. To RSVP, please call 9250951 ext. 2207 by Thursday, May 4.

Save the Date for our Patio Party! Saturday, June 17, we will be hosting a "Fun in the Sun" Patio Party with appetizers, cool drinks and prize ribbons for those ready to challenge opponents in friendly games of corn hole, bottle toss, skill ping and other backyard games. Fun board games and card games will also be available for those who just want to socialize in the sun and relax. More details to come!

~Marjorie Gjerdrum-Hord
Program Specialist

| Mobday | Tuesday | Wedmesdey | Thursday | Eriday | Sat. |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $\begin{array}{r} \text { Cos } \\ \text { Bingo } \sim \\ \text { Build Your Own B } \\ \text { Bunco } \sim \$ 3 \\ \text { Folk Dancing } \\ \text { Yoga } \sim \$ 1 \\ \text { Zumba } \sim \$ \\ \text { +for Santa M: } \end{array}$ | /card <br> y $\sim \$ 25 /$ month + <br> ation/day <br> \$15/month+ <br> month+ <br> month+ <br> a Residents | 9-4 Pool* <br> 9-? Artists Meet* <br> 9-10 Exercise* <br> 10-11 Zumba*§ <br> 1-4 Beginning Bridge/ Instruction |  | 9-4 Pool* 12-4 $\underset{\substack{\text { Mah } \\ \text { Jonge* }}}{\text { Bingo }}$ |  |
|  | $\quad$ 9-4 Pool*** <br> 9-10 BYOB*§ <br> 10-11 Yog*§ <br> 1-4 Poker* <br> 1:30-4 Bunco* <br> 5:30-6:30 pm <br> Zumba*§ | 9-4 Pool* <br> 9-? Artists Meet* <br> 9-10 Exercise* <br> 10-11 Zumba*§ <br> 12-4 Mah Jongg* <br> 1-3 Knit/Crochet* <br> 1-4 Beginning Bridge/ Instruction | 9-4 Pool*9-10 <br> 12-4 <br> Duplicate <br> Bridge2:30-3:45 FolkDancing**5:30-6:30 pmZumba*§ | 9-4 Pool* <br> 12-4 Mah Jongg* <br> 1-4 Bingo | 8 <br> 9-12 Pool* <br> 9-1 pm <br> Duplicate <br> Bridge |
|  |  | 9-4 Pool** 12 9-9 Artists Meet** 9-10 Exercise* 10-11 Zumba*§ 1-3 Knit/Crochet* 1-4 Beginning Bridge/ Instruction | 9-4 Pool* 13 9-10 BYOB*§ 12-4 Duplicate Bridge 1-4 Hand \& Foot 2:30-3:45 Folk Dancing* 5:30-6:30 pm Zumba*§ | 9-4 Pool* 12-4 Mah 1-4 Bonge** |  |
| 9-4 Pool* <br> 10-11 Zumba*§ <br> 12-4 Duplicate Bridge <br> 1-4 Party Bridge 7-9 pm Folk Dancing*§ | 9-4 Poo** 18 9-10 BYOB*§§ 10-11 Yoga*§ 1-4 Poker* 1:30-4 Bunco* 5:30-6:30 pm Zumba*§ | 9-4 Pool* <br> 9-? Artists Meet* <br> 9-10 Exercise* <br> 10-11 Zumba*§ <br> 12-4 Mah Jongg* <br> 1-3 Book Exchange* <br> 1-4 Beginning Bridge/ Instruction |  | 9-4 Pool* 12-4 Mah 1-4 Bonge* | 22 <br> 9-12 Pool* <br> 9-1 pm <br> Duplicate <br> Bridge |
|  |  | 9-4 Pool** 26 9-9 Artists Meet* 9-10 Exercise* 10-11 Zumba*§ 1-3 Knit/Crochet* 1-4 Beginning Bridge/ Instruction | 9-4 Pool* 27 9-10 BYOB*§ 12-4 Duplicate Bridge 1-4 Hand \& Foot 2:30-3:45 Folk Dancing** 5:30-6:30 pm Zumba*§ | 9-4 Pool*12-4 Mah <br> Jongg* <br> 1-4 Bingo | 29 <br> 9-12 Pool* <br> 9-1 pm <br> Duplicate <br> Bridge |

Activity Contact Persons: Book Exchange ~ Jane Bringley ( 937-8859)
Duplicate Bridge ~ 937-5691 (Mondays) ~ 922-5000 (Thursdays) ~ 925-6350 (Saturdays)
Pinochle ~ 934-2315 (Tuesdays) / Folk Dancing (Thurs.) ~Betty Anthony (925-5429)

* City of Santa Maria Recreation \& Parks Department Program
§ Participants must pre-register at Recreation \& Parks Department. No walk-ins allowed.

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TRAVEL OPPORTUNITIES <br> 

## First Day Sales ~ First Monday Morning of the Month!

On April 3 a waiting room will be set up, beginning at 9:00 a.m. Numbers will be passed out when you arrive. Sales will begin shortly after 9:00 a.m. and will end when the last person waiting is finished, or Noon, whichever is earlier. Only two tickets per person will be allowed. If it's a very popular trip with a long waiting list, we'll try to book it again.

Because of the Trip to Laughlin May 1-4, we will not have First Day Sales in May. The sale dates have been adjusted accordingly.


June 22 ~ Senior Day at Santa Anita Racetrack $\$ 79$ A buffet lunch will be awaiting you before the first race at Santa Anita. Have a fun afternoon enjoying the races. You'll watch six races before heading home. Leave: 7:30 a.m./Home: 8:00-8:30 p.m.
July 29 ~ M\&M: Madonna Inn \& Melodrama \$88
Enjoy lunch at the Madonna Inn before going to the Great American Melodrama to boo and hiss at "The Tavern" by George M. Cohan. "In a lonely tavern on a dark and stormy night, a wild wind blows in all sorts of oddball characters - including a mysterious vagabond, an innocent ingénue and two thwarted lovers. A thief is on the loose, suspicions abound and no one is who they seem." This is a show that guarantees hearty laughs, mystery, and good old fashioned fun. One of the most popular plays by one of America's greatest showmen. Leave: 11:45 a.m./Home: 6:15 p.m.
September 9 - Fillmore and Western Railroad Murder Mystery Lunch
Solve a murder while having lunch and traveling on the Fillmore and Western Railroad. A fun day excursion. Only 26 seats. We are selling this very early because we have a very tight deadline between when we book it and when we lose our $50 \%$ deposit. Please book early if you want to go! Both the Railroad and the bus say this is a very busy day for them, so it must be
 confirmed early, or we won't be able to get tickets or the bus. Leave: 8:30 a.m./Home 6:30 p.m.

## These Trips May Still Be Available:

May 1-4~Laughlin Riverside $\$ 148$ Dbl., $\$ 184$ Sgl.; River View Rm.: \$165 Dbl., $\$ 218$ Sgl. This trip is on sale now! We still have plenty of space. Two breakfast buffets and a choice buffet are included. (See more information on page 7.)
May 11-18 ~ Collette's Mackinac Island \& Tulip Festival $\quad \begin{aligned} & \text { Visit/click on link for more information: gatewav.gocollette.com/link/758159 }\end{aligned}$ \$4199 Sgl.
June 2 ~ "Pippin" at Cal Poly's Cohen Center

## Travel Tales ~ April 2017

As I have been saying the last few months, I am hoping that "Hamilton," which will be at the Pantages for months, will have some decent seats by October or November. It isn't on sale yet, but the sales representative at the Pantages told me it would be expensive. There is a sign-up Sheet at the office to indicate if you would like to go, even if the ticket price is \$200 or more plus the cost of the bus and lunch! There are only a few names so far. We can't hire a bus with so few, so those of you who want to go NEED to CALL OR COME IN AND SIGN UP!

Note: You may recall from last year that I told you I couldn't state the name of the bus company being used for each trip. The US Postal Service rules for non-profit postage prevents listing one of these three subjects: accommodations, transportation, or destination. Since two of the three are essential information (destination and accommodations), I can't list the bus company that has been contracted for the trips. We are currently using five different companies! May 1-4 ~ Laughlin Riverside $\$ 148$ Dbl., $\$ 184$ Sgl.; River View Rm.: $\$ 165$ Dbl., $\$ 218$ Sgl. We went ahead with this trip again after the vote on the bus on the way home from the Laughlin trip in February. We still have plenty of space. Two breakfast buffets and a choice buffet are included. If you haven't been on this trip, consider going! When we went in February, the slots were loose and the food was good! Besides the buffets and restaurants, there are some fast food choices at the casino, as well. There are other resort casinos nearby and a reasonable taxi service if you can't walk very far. We have booked a very nice bus like we had in February. Leave: 7 a.m./Home: 6:30-7 p.m.
August 4 ~ Alaska cruise
See Flyer Posted in Hallway
September 28 ~ MYSTERY TRIP!!! $\$ 106$
We finally found something to do that this group hasn't done previously! Stop for lunch on your own. Dinner is included in the price. We think both men and women will enjoy this trip. Leave: 10 a.m./ Home 11 p.m. Selling August 7
October 11-18 ~ Smoky Mountains \& Bluegrass
\$2879 Dbl., \$3704 Sgl. This trip includes tours of Churchill Downs, the Louisville Slugger Museum \& Factory, Biltmore Estate, Dollywood, and much more! Plus you'll be back in Nashville at the wonderful Gaylord Opryland Resort for three nights. Besides the Grand Old Opry, which is always good, and the usual city tour, you'll visit Andrew Jackson's Hermitage and attend the Nashville Nightlife Theater. So there are some different things to enjoy! We have been to most of these places, and I know you'll enjoy them!
November 7-9 - Sequoia/Kings Canyon National Parks tour
\$380 Dbl., \$460 Sgl. Stay at Wonder Valley Ranch for two nights and enjoy all their amenities and wonderful meals. Tour the Sequoia/Kings Canyon National Parks with Wonder Valley's picnic lunch provided. Wonder Valley cancellation deadline is Sept. 7, so please purchase this trip early. Selling August 7

## December 6 or 7 - Cambria Christmas Market and dinner

Spend some time wandering in Cambria before having an early dinner at Cambria Pines Lodge. Enjoy the lights and entertainment next door at the Cambria Christmas Market before returning home. Selling October 2
November 20-23, 2018 - Thanksgiving at Wonder Valley
They e-mailed a special offer for 2018, and I grabbed it! You won't get to go for Thanksgiving in 2017, but we have the space already for 2018.


|  |  | (6) (6) |  |
| :---: | :---: | :---: | :---: |
| Larry Caro | $2-\mathrm{Apr}$ | James Marshall | $14-\mathrm{Apr}$ |
| Marcy Jimenez | 2-Apr | Kristy Clark | $15-\mathrm{Apr}$ |
| Charles Vansickle | 2-Apr | Phil Park | 15-Apr |
| Donna Lamphier | 3-Apr | Linda Dutart | 16-Apr |
| Myriam Boucheneb | $4-\mathrm{Apr}$ | Jerry Weatherly | 16-Apr |
| Joe Ann Ryle | 4-Apr | Sharon Bracken | 17-Apr |
| Clif Garrett | 5-Apr | Ed Gutierrez | $17-\mathrm{Apr}$ |
| Marie Miranda | $5-\mathrm{Apr}$ | Percy Soto | 18-Apr |
| Sally Ramos | 5-Apr | Richard Rebenstorf | 19-Apr |
| Tom McAllen | 6-Apr | John Solorio | $20-\mathrm{Apr}$ |
| Sally Hoops | 8-Apr | Angelica Lucero | $22-\mathrm{Apr}$ |
| Ellen McMullen | 8 -Apr | Stephanie Bishop | $23-\mathrm{Apr}$ |
| Yukari Oyabu | 8 -Apr | Jerrie Carey | $23-\mathrm{Apr}$ |
| Samm Swan | 8 -Apr | Gail Boone | $25-\mathrm{Apr}$ |
| Joe Westbrook | 8 -Apr | Clark Bushnell | $25-\mathrm{Apr}$ |
| Leroy Sinor | $9-\mathrm{Apr}$ | Julie Davies | $25-\mathrm{Apr}$ |
| Sandy Boyd | 10-Apr | Liz Koster | $25-\mathrm{Apr}$ |
| Jocelyn Gray | $10-\mathrm{Apr}$ | David Manriquez | $25-\mathrm{Apr}$ |
| Richard Johann | 10-Apr | Gilbert Espinosa | $26-\mathrm{Apr}$ |
| Carl Tyler | $10-\mathrm{Apr}$ | Sue Furchtenicht | $26-\mathrm{Apr}$ |
| Mary Koga | 12-Apr | Wattsie Panella | $28-\mathrm{Apr}$ |
| Linda Morris | 12-Apr | Jalayne Troyanek | 29-Apr |
| Sue Gill | 13-Apr | Sharon Kendrick | $30-\mathrm{Apr}$ |
| Connie Holdredge | 14-Apr | Elisabeth Sanderlin | $30-\mathrm{Apr}$ |



| Ron \& Mary Johnson | 5-Apr |
| :--- | :--- |
| Art \& Carol Thaler | 5-Apr |
| Richard \& Debra Isbell | 10-Apr |
| Jerry \& Donna Lamphier | 20-Apr |
| Hal \& Edith Pray | 22-Apr |
| Edward \& Helen Canales | 23-Apr |
| Les \& Ruth Christiansen | 24-Apr |
| Cliff \& Marie Baines | 25-Apr |
| David \& Nitaya Nelson | 29-Apr |
| Don \& Brenda Werbelow | 29-Apr |

(i) Only couples who are both members of the Club will have their anniversary date listed. Please notify me of any errors or additions.
(i) If any information printed here is not correct, or if your name and special day is not listed, please call or email me at: (805) 406-9989 or laura.selken@gmail.com.

## Welcome



Esther Bartlett
Rachel Buckley Jo Crusan
Paul \& Bea Goyette Kathie Harvey
Cynthia Isorda Margie Lee
Chris Oberg
Margaret Paden

Wattsie Panella John \& Karen Ransome
Leyland Sinclair Albert \& Teri Vega Susan Violette



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 this civil be your last issue.

# TRANTY YOU: 

The Board members of the Santa Maria Valley Senior Citizens Club would like to extend a hearty thank you to photographer, Ralph Foster! He attends all the monthly meetings and has been taking pictures of the birthday attendees and now the 50/50 winners, as well. We greatly appreciate the time you take to be at each meeting and take all the pictures to be published in the Mussell Messenger!

## Takea Class ~  Somethiríg New?

The Recreation \& Parks Department is always offering a wide variety of classes $\sim$ why not take advantage?!?

On Wednesday evenings, there are two classes you might like to try. Ballroom dancing lessons are held at the Mussell Senior Center from 6:30 to 7:30 p.m., for $\$ 40 /$ month. And, adult pottery is taught at the Grogan Center (1155 W. Rancho Verde), from 6:30 to 9:30 p.m. for $\$ 45 /$ month. Classes fill up fast, so register today at the Rec. \& Park office (615 S. McClelland) or do it online - click here!



## TOM'S TRIVIALITIES April 2017 astute Observations

- There are two sides to every divorce: Yours and dingbat's.
- Snowmen fall from Heaven unassembled.
- Don't argue with an idiot; people watching may not be able to tell the difference.


## Tom Dutart

- I don't like political jokes. I've seen too many get elected.
- I live in my own little world, but it's OK. Everyone knows me here.
- I don't do drugs. I find I get the same effect just by standing up really fast.
- The most precious thing we have is life, yet it has absolutely no trade-in value.
- Every day I beat my previous record of consecutive days I've stayed alive.
- No one ever says, "It's only a game!" when their team's winning.
- Ever notice that people who spend money on beer, cigarettes and lottery tickets are always complaining about being broke and not feeling well?
- Marriage changes passion ... suddenly you're in bed with a relative.
- Why is it that most nudists are people you don't want to see naked?
- Now that food has replaced sex in my life, I can't even get into my own pants.
- I signed up for an exercise class and was told to wear loose fitting clothing. If I HAD any loose-fitting clothing, I wouldn't need the freakin' class!
- Figures! Brain cells come and brain cells go, but FAT cells live forever!
- The closest I ever got to a 4.0 in college was my blood alcohol content.


## I'm Fine Thank You

There is nothing the matter with me
I'm as healthy as can be.
I have arthritis in both my knees
And when I talk, I talk with a wheeze, My pulse is weak and my blood is thin, But I'm awfully well for the shape I'm in.
Arch supports I have for my feet, Or I wouldn't be able to go on the street. Sleep is denied me night after night, But every morning I find I'm all right, My memory is failing, my head's in a spin But I'm awfully well for the shape I'm in.
The moral is this - as my tale I unfold, That for you and me who are growing old, It's better to say, "I'm fine" with a grin, Than to let folks know the shape we're in.
How do I know that my youth is all spent?
Well my 'get up and go' has got up and went.
But I don't really mind when I think with a grin,
Of all the grand places 'my get up' has been.

Old age is golden, I've heard it said, But sometimes I wonder as I get into bed, With my ears in the drawer, my teeth in the cup, My eyes on the table until I wake up. Ere sleep overtakes me, I think to myself Is there anything else I could lay on the shelf?

When I was young, my slippers were red; I could kick my heels right over my head. When I got older, my slippers were blue; But still I could dance the whole night through. But now I am old, my slippers are black; I walk to the store and puff my way back.

I get up each day and dust off my wits, And pick up the paper and read the 'obits'. If my name is still missing, I know I'm not dead, So I have a good breakfast and go back to bed.
~ Author Unknown (but many suppositions!) (submitted by a SMV Senior Club Member

